



Serves: 10

# Chinese-Style Carrot Cake with Chinese Sausage

## Ingredients

### A

- Dried shrimps 50g
- Chinese sausage, cubed 100g
- White radish 1kg
- Water 4 cups

### B

- Rice flour 200g
- Tang flour 35g
- Corn flour 35g

### C

- Water 4 cups

## Seasoning

- Salt 1 tsp
- Chicken powder 1 tsp
- Sugar 1 tbsp
- White pepper ½ tsp
- Sunflower oil 1 tbsp
- Sesame oil 2 tsp

## Tips:

- Heat oil till hot before stir-frying, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.

## Method

- Boil Chinese sausage and dried shrimps for 1 minute. Strain and pat dry.
- Julienne white radish.
- Mix ingredients (B) and (C). Set aside.
- Heat frying pan with oil. Fry dried shrimps and Chinese sausage until fragrant. Add white radish and stir-fry until fragrant. Add 4 cups of water.
- Add seasoning ingredients into radish mixture and mix well.
- Pour flour mixture in and mix well.
- Lightly oil a metal bowl and pour carrot cake mix in.
- Steam for an hour over big fire. Set aside to cool.
- Slice carrot cake after cooling.
- Serve immediately or fry until golden brown. Serve on a plate.

## Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 219kcal  
Protein 6.2g  
Total fat (g and % of total calories)  
7.3g (30.1%)  
Saturated fat 2.1g  
Cholesterol 20mg  
Carbohydrate 32.0g  
Dietary Fibre 1.7g  
Sodium 510mg